PLANT FACT SHEET

Tectaria coadunata (J. Sm.) C. Chr.

GENUS *Tectaria* **FAMILY** Tectariaceae

EDIBLE PARTS AND USES

Edible parts: Fronds, Leaves

The tender fronds are cooked as a vegetable.

DESCRIPTION

A fern. It is erect and grow to 70 cm high. The fronds are 25-35 cm long by 14-20 cm wide. The tip of the leaflets are divided along the stalk. The spore bodies are brown and easy to see. They occur in two rows near the main veins.

HABITAT

It is a subtropical plant. In Nepal it grows between 1000-2500 m altitude. It grows in moist, shady places.

PRODUCTION

Cultivation

Plants are grown from spores or by splitting the rhizomes.

NOTES

There are about 150 Tectaria species. They grow in the tropics and subtropics.
Also put in the family Dryopteridaceae.

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